

1: Spiritual Awakening - 7 Signs That You Are Experiencing One

Awakening Your Psychic Skills has 5 ratings and 0 reviews. Author Joanne Brunn asserts that every human being has psychic abilities. We can realize our p.

You want to communicate with spirit guides, angels and your own spirit. And you want solid, safe techniques for doing this. Plus, you suspect that teachers of intuitive development are sometimes fruitcakes. Am I reading your mind? My name is Anna Sayce. I make my living using my intuitive ability. I quit my day job teaching English and French, back in and have read for hundreds of people since then. Several years ago, I was at the beginning of my path of intuitive student – perhaps exactly where you are now And in my Intuitive Awakening course, I show you how to develop your abilities much more quickly than I did. With practical exercises, clear explanations and inspired processes. I developed intuitive abilities over the course of several years and spent thousands of dollars. To be more specific, I personally have spent: Intuitive development has been my hobby for a long time and then became my full-time job! And it was very hit-and-miss. I gathered many pieces of this puzzle, but mostly in the wrong order. Time, Money and Energy Three things you save on your path of intuitive development, when you take this course. This course gets you the same results as my years of picking up random bits of the puzzle, in the wrong order. But without the messing around and detours that I made. Basically, you can benefit from my hindsight and do in 13 weeks or less! Plus, you can spend a lot less than I did. Introducing – The Intuitive Awakening Course Intuitive Awakening is my 13 module written and audio course that you get as an instant download, along with a dedicated forum. These are the things you MUST know and master in order to be successful in developing intuitive abilities. Overlook them, and your insights will be hit-and-miss. As a result, people often fail in their intuitive development. By understanding what the two essential keys to intuitive development are, you ensure your process for connecting to the spirit realm is NOT hit and miss. One of my fellow professional intuitives in New Zealand Kate Strong reviewed the course and found information that is new – even to her, as a professional. I learned to use tarot cards, my pendulum, and I learned to receive messages in a clear fashion. I learned my gifts, and even tried my hand at other things I was once skeptical about. A truly eye opening course! There are plenty of techniques in the course I have had good results with. I loved the guided meditations and exercises to raise vibration. Thank you for making this course! Anna is a born teacher and you cannot fail to gain a wonderful insight from her work, which has been created with a wonderful attention to detail for people at all levels. I loved the course. What is great is that it gives you a little bit of everything from chakra balancing, dowsing, automatic writing, reading photos and finding the clairs that work for you. Meeting other students for readings at the end through the forums was a great idea I did two. In the course, the most powerful part for me was the chakra Meditation. The very first time I used it right at the end, I drifted down and then saw a face of someone who I felt was a spirit guide, as I felt overwhelmed with love. That is because I know how frustrating it is to take a course that tries to make you into a carbon copy of the teacher. I later learned that not everyone is born with clairvoyance. Not everyone hears spirits either – through clairaudience in fact, in my experience, these are the 2 least common gifts to have developed and fully activated. Intuitives talk a lot about these two gifts and teach them. Then they usually overlook the whole range of other gifts most people have, such as clairsentience, dreaming, empathy as a intuitive gift, or claircognizance. Down to earth approach Another reason why this course is different from many other courses out there, is that it has been written in a down-to-earth way, with a strong focus on how this can actually help you in your life. I believe in keeping things as down-to-earth as possible. I want to demystify the spirit realm and show you how it can help you in a practical way. I developed the analytical, left-brained side to me. I have a nonsense radar too that would yell at me if I hand you a course that has any non-sensical theories in it. Did I mention that you also get a dedicated forum for this course? This forum is available to you for 12 months following purchase. In the forum, you can ask any questions that you like related to your intuitive development and progress through the course, and I will answer using all my knowledge and anything that I intuit in response to your question. Can I really do this? You would have issues with doubt on this course at some points. But, the human side is the part of us

that can cause issues when we go into this kind of material. In this course, I address how to integrate your intuitive side into your human side without the drama, fear or doubting that I went through. Instead of fighting it, we will work with it. Again, this is the only course I know of with a whole chapter that addresses the mindset of doing this, and how to feel confident in your abilities. On average it takes several weeks – a few months to work through, depending on how much time you can dedicate to it. I recommend you do one module per week, if you follow that pace of study, it will take you 13 weeks 3 and a half months to complete. This is an excellent way to explore and feel safe. There is a forum for support. It was well put together. Intuitive Awakening helped me to gain confidence. It has led me on an awesome journey. I felt safe to keep exploring after the program. All of that made me very comfortable as I expanded my understanding of and access to the spiritual realm. I was amazed at how thorough Anna was in explaining each topic area. I learned a peaceful but efficient method for opening and clearing chakras. I learned how to receive spiritual guidance through the use of a pendulum. I have exercises to use to increase my intuitive gifts. I gained a wealth of information in an area in which I have a great deal of interest and curiosity. Thank you, Anna for all of your hard work creating Intuitive Awakening and making it available to spiritual seekers. It was a great course, easy to follow and each chapter short enough to read or listen to in a limited amount of time. I still go back and read or listen to some selected chapters every now and then. Sometimes it also helps me relax and go to sleep better. I highly recommend this to anybody who is interested in the spiritual world. It is really powerful and the bonus chapter is very helpful. I was amazed by the things I could do and now I trust my insights completely. Thank you so much for developing a course that will enable anyone to develop their natural intuitive abilities. I really liked the meditations. This really helped me become still. I liked all the exercises for learning if you are clairvoyant, clairsentient, etc. They were well-thought out and fun. If you are serious about strengthening your intuitive skills, this well-thought out Intuitive Awakening course is excellent. It teaches you step by step how to tap into your intuition while working at your own pace. It is extremely comprehensive and I would recommend it to anyone. I have enjoyed every module so far, and I have taken other intuitive courses. Thank you for creating such a powerful course! Where intuitive guidance comes from and how we can let it in more easily Get realistic expectations from the beginning: Find out where intuitive messages come from – and about the sources of guidance, including your own spirit, spirit guides and angels. Do a divine process to call on your spirit guides and Higher Self to join you on this new journey of intuitive development. In this chapter, you learn the first essential key. I call it essential because without it, your intuitive messages become hit and miss later on. Also find out whether you need spiritual protection on your path of intuitive development and you will also learn to protect yourself energetically against unwanted influences as you begin to work with the spirit realm. Identify your individual intuitive gifts and skill set Learn about all the different intuitive gifts and identify yours so that you can make progress faster. Learn how to open, close and clear your chakras Develop energetic boundaries and have more choice over what enters your energy field. Learn how to open your energy field to your higher self and spirit guides. Learn which blocks can affect us at the chakras and clear out any blocks to intuition guided meditation included. Learn how to close your energy field. Learn the second essential key to develop your intuitive abilities:

2: Intuitive Awakening - Anna Sayce

However, by following the practices in this book, you will learn ways to awaken your long-dormant psychic skills and apply these abilities to everyday situations at home, at work, in relationships, during travel, in dreams, and in predicting the future.

Read posts by trusted psychic and medium bloggers to continue getting educated about intuition and the Spirit world. Visit an antique store. Does the energy feel wonderful? Now pick up an object. Do you sense anything? Using your psychic abilities in this way helps increase them! Make a symbol book. Psychic information comes to us in a variety of ways. Your Spirit Guides will help you interpret information as you develop your psychic abilities. Sit quietly and invite your Spirit Guides and Angels in for help. Ask them to give you symbols for things like events and occupations. Write it down in your symbol book. If you're using tarot, make your own tarot book. Get a tarot deck that you love, such as the The Rider Tarot Deck. Instead of looking at the meanings that come with the cards, use your intuition to make your own meanings. Spend time with one card each day meditating on the card. Write down all of your impressions of each card and what it means to you. This is a great way to develop your psychic abilities and learn tarot. Have a friend stand in front of a plain colored wall. Step back about eight feet. Imagine you are looking through her, at the wall behind. You will start to notice the aura layer around the head. Learn more about how chakras and auras work here. Develop your clairaudience psychic hearing. Each night, before you go to sleep, lay quietly in bed. Listen to the sounds around you. Do you hear crickets? The wind rustling through the trees? Focusing on the sounds that you normally ignore will sharpen this intuitive gift. Here are some other ways to develop your clairaudience. Practice giving readings often. This is KEY to becoming a psychic or medium. Tune-in to your pet. When your pet is calm, sit with him and try intuitively picking up on how he feels. This will help develop your clairsentience. Practice reading old family photos. Look at the people in the photos. Write down everything that you sense about them. This is one of the most fun ways to develop your psychic abilities. Journaling helps get you in touch with your Higher Self soul and spiritual helpers. Think of a situation you need guidance on. While you do, allow yourself to relax and let yourself be Divinely guided. This will help you continue to feel loved, supported, and connected to the Divine. Ask a friend to call you "telepathically". In your mind, hold the image of your friend. Imagine energetically asking her to contact you within 24 hours. Join a spiritual development circle or take a class. This will give you a safe, loving environment in which to develop your psychic abilities and mediumship. Get to know other psychics and mediums. Being a psychic or medium can be pretty interesting! Prior to any intuitive practice or giving a practice reading, imagine lighting a candle in your mind. Invite your Spirit Guides and Angels in. The candle visualization lets your spiritual helpers know that you are open to psychic and Spirit communication. This will help you learn to turn on your gifts when you want to use them. When you are done practicing, imagine blowing out the candle. Thank your spiritual helpers for their Divine support. Focus on your third eye. Clairvoyance is one of the main psychic abilities. To develop clairvoyance, take a few moments and focus on your third eye area just above and between your eyebrows. Imagine it opening up. You may even feel your third eye begin to tingle. Keep your vibration high. Having a high vibration is important when you develop your psychic abilities. Spirit vibrates at a very high frequency. Living a joyful, authentic life, will help you feel more connected to the Divine and your Higher Self. Like attracts like which means that you will attract other beautiful, spiritually aware souls into your life! Adding high vibration foods to your diet, such as fresh fruits and veggies will help your body feel good. And the better you feel physically, the better you will feel psychically and it will be easier to develop your psychic abilities. Foods that Help Increase Psychic Abilities Keep a dream journal. When you first start to develop your psychic abilities, you might start having really vivid dreams. Our logical minds often make us second guess ourselves when we are awake. Keeping a dream journal can be helpful and a nice keepsake of your intuitive journey! There are lots of tips here to help develop your psychic abilities. Have fun with them:

3: Awakening Your Kundalini with Raja Choudhury | The Shift Network

You can learn powerful and effective ways to develop your own psychic abilities and use them for awakening your higher consciousness. With greater knowledge of these innate skills, relearned by exercises such as presented in this article, you can become the multidimensional being you're intended to be.

These exercises are simple, but they are the building blocks of expanding your gifts. Because they strengthen your ability to receive intuitive information. A good way to develop your psychic abilities is to start with the strengths you already have. Not sure what your strongest intuitive gifts are? The checklist on this page will help. Psychic Development Exercises for Clairsentience Tap to call from Mobile Clairsentience is a way of receiving intuitive information via feelings. Empathy is also a form of clairsentience. Here is a full list of psychic abilities that explains everything. Psychometry A fun way to increase your clairsentience is to practice psychometry. Psychometry is learning about objects through touch by reading the energy on them. Follow these simple steps: Ask someone to bring you a few small objects that you can practice with. Jewelry and keys are great, as metal holds energy well. A piece of jewelry that has been worn a lot such as a wedding ring will have more energy on it than something that is rarely used. Honestly though, especially if you are just starting out learning how to develop psychic abilities, a small metal object will be best. Sit comfortably and take a few deep breaths. Rub your hands together a few times to get the energy moving. You may feel a tingling sensation in your hands. Take the object in your hands and close your eyes. Continue to relax and start to take note of how your body feels. Do you feel anything? See or hear anything? If you feel stuck, try asking yourself some questions such as: Does this object belong to a man or a woman? Is the owner of this object happy or sad? Does this person have any children? What kind of work does this person do? Write down everything you see, hear, feel, even if it seems silly. The point of this exercise is to get you used to receiving energetic impressions. If you are working with a partner, share your impressions with him or her. When you are done, ask the person who gave you the object for feedback. Ask if they can validate the things you felt, saw, or heard. Vintage family photos or family heirlooms are a lot of fun to practice on. You never know what you might learn about grandma! Ask a friend to hide the object, then step outside while they do. When you come back inside, see if you can connect with the item and feel where it is located. Ask yourself questions about the item such as: Is it up high or down low? Is it hidden under something or placed on top of something? Is it in the kitchen, bedroom, bathroom, etc.? Imagine you are connecting with the energy of the item to find it. I used to play this game with my kids. Psychic Game for Developing Clairvoyance When people ask me how to become clairvoyant I tell them that they need to start working on visualization. Have a friend take a tray or something similar and place five objects on it. The items should be different from each other. We want to stretch those psychic muscles as much as possible. When everything is set up, study the objects on the tray for 10 seconds then, have your friend completely remove the tray from view. In your mind, imagine each object and where it was on the tray. Visualizing the objects in your mind is the key to this exercise. The more detail you can remember, the better. For example, if there was a candle on the tray, you could write down something like cream colored candle with a wick that has never been burned. As the game gets easier, continue to challenge yourself. Try recalling 10 objects in the same amount of time, or five objects in half the time, etc. You can also try this easy clairvoyance meditation to help open your third eye. Lay out five playing cards and study them for 10 seconds. Now, cover them and visualize what they were. Clairaudience My husband teases me all the time that I could hear an ant walking by. Be aware of the distinct and individual sounds around you. Our daily lives are so busy that we instinctively tune everything out as we focus on what we have to do. So instead of tuning everything out, soak it all in! Waiting in the car for the kids to get out of school? Use that time to practice learning how to develop psychic abilities. Do you hear birds? Sitting and waiting at the doctors office? Do you hear someone typing on a keyboard? You can do this exercise whenever you have a few moments. Summary As you can see, practicing how to develop psychic abilities can be fun and stress free. Play around with these games and work with the one that you find most enjoyable! If you enjoyed this post, please share!

4: Psychic Abilities - 9 Signs Your Gifts are Awakening - Intuitive Souls Blog

Your psychic abilities can open at any time in your life, at any age. Of course, we're all born with a "sixth sense", but if we aren't encouraged to use it, it can sit on the sidelines like the Patriot's back-up quarterback.

Open your heart and third eye, align your inner energy with the energy of the universe, and become more intuitive, fearless, peaceful, and protected. Live in your heart in bliss and evolve into a more beautiful, radiant soul while being fully engaged in the world. Join me on this first step in awakening the most powerful energy and intelligence available to you both within and around you in your spiritual body – and become part of a growing Shift community of more than initiates who have already undertaken this journey with me in the past year. I promise you a safe, supported, and experiential journey from your earth and animal nature to discovering how to work with your highest consciousness. Would you like to master ancient techniques that allow you to tap into the pranic energy field around and within you to deliver more lasting joy, vibrancy, and peace into your life? Did you know that you have the power within you to activate your heart chakra and create a golden sheath around your body that protects you from negative or harmful energies from the world? All of this and much more is possible through your innate primal Shakti energy known as Kundalini. This energy is said to enter us at birth and remain latent until ignited. Once awakened, the vital energy of Kundalini begins flowing up your spine like lava from an oozing volcano, flooding your body, mind, and spirit with the divine love-energy of the universe, immersing you in bliss and enabling you to access a more boundless field of love. The Kundalini energy is often depicted as a serpent, coiled three-and-a-half times around, resting at the base of the spine, with the serpent representing the journey of the mind from matter to cosmos, from human consciousness to cosmic consciousness. Kundalini can be awakened in many ways – as a gift from a guru to a disciple who is prepared to receive it, or through ecstatic dance, devotional chanting, the use of sacred mantras, rhythmic breathing and movement, or a variety of other techniques and practices. Fully awaken the energy vortex of Kundalini, and through the gateway of the spinal cord you can access the ever-new, ever-existing, superconscious bliss state. When activated in the right way, there are few things that can accelerate your spiritual awakening faster than tapping into this divine force within you, which is why Tantric teachers have worshipped Kundalini as the Goddess incarnate within us. The Importance of an Experienced Guide In Awakening Your Kundalini, spiritual teacher Raja Choudhury will offer you potent, practical insights into working with this powerful Shakti energy safely and harmoniously to deepen and enrich your experience of life as you embark on this divine dance of awakening. Raja will gently guide you through a 7-part process to ensure that you are physically, mentally, and spiritually prepared to handle this powerful energy surging through your subtle body. Raja refers to this area as the First Sun. When that area is energetically cleansed and empowered, you come to the heart chakra, the Second Sun. When the Kundalini energy enters this area, two things happen. One, you evolve naturally and inevitably into a better version of yourself – acting from your heart and becoming kinder, more compassionate, more empathetic. Bringing the energy into the upper three chakras – the Third Sun – dissolves your ego into the ether, and you rise up to the highest realms to connect your energy Shakti with the energy of the universe Shiva and unite as one. As you advance on this journey from self to Self, as you mingle the single drop of your consciousness with the vast ocean of Spirit, your entire being is flooded with divine light, you gain access to a vast intelligence, and you become a Sky Walker. And since your core energy is the life force that propels all that you do, awakening your Kundalini can have a profound impact on your personal magnetism, creativity, and ability to motivate others. Becoming a Beacon of Love. Awakening the Kundalini energy requires two things – energy and breath. You need to bring the energy that is all around you into your body in order to wake up the dormant Kundalini energy inside you. This energy outside and inside your body is called prana – and as you bring it into yourself, a certain vitality comes into your life. You start radiating an energy. Just the opposite is true. When others cross your path, your beacon of love can set their flickering lanterns ablaze. Kindle the light in others and your own heart glows ever more brightly. The more you give of your love, the more love you have to give. You cannot look anywhere without seeing opportunities to help, comfort, or inspire others. Your mere

presence becomes an act of service. Yet the world needs more from you than service. It needs your creativity, your innovation, and your dreams. Waking up the Kundalini energy within you unleashes these latent creative powers. Awakening the Kundalini energy frees your spirit to transcend the body-consciousness of the ego and align with Spirit. Pressure, fear, and struggling give way to peace, love, and bliss. Discover what Kundalini is and how awakening it can transform your life See your body as a microcosm for the intelligence of the entire universe and how Kundalini is an algorithm and path to awakening this intelligence within you Map the journey the Kundalini energy takes in your body from the darkness at the base of your spine to the light of cosmos above through 3 Suns and 7 Chakras along the spine and brain Be given a simple minute meditation and energization exercise to slowly and gently awaken Kundalini Shakti in the week ahead Learn your first Mantra or sound that you can practice immediately to feel the Kundalini energy in your body Module 2: Energy is everywhere around us and certain practices can increase our inner prana and energy levels. Explore your evolutionary nature as a being rising from earth consciousness to universal consciousness Discover your reptilian or animal brain and how it controls your life Explore your Nadi system – the subtle channels that carry Prana and energy through your whole body Be given energy and breathing techniques to wake up the base root of your being Learn the secrets of the 5 Pranas in the body and the Nadis Discover the first Mantras, which awaken Ganesh, the elephant-headed gatekeeper that protects and hides Kundalini Understand how to stir and awaken the energy at the base of your spine and become fearless and alive Module 3: How to channel Prana through your Ida and Pingala Nadis channels to awaken Kundalini at the Muladhara How to awaken Muladhara aka the earth center fully using the Beej or seed sound of LAM and using breath and locks in your body at the Mula or base of your spine How Kundalini rises from this place up the Sushumna Nadi and begins a vortex-whirling journey upwards How the Svadhisthana or sex center is associated with the element of water and can be the key to opening the higher centers and creativity in your life How the Manipura or navel center is the fire center in you at the navel and can burn away all accumulated negative karma and light the fires for your upward spiritual quest The Mantras and sounds for each of the 3 stages of the awakening Kundalini and experiencing the First Sun at the navel. Raja will share his Shakti with you – and some participants may experience Shaktipat. How to safely awaken the third eye by listening and seeing within The Blue Star at your third eye and how to see it and communicate with it How to see the divine light that descends from above How to bring that light down to your heart and access intelligence and healing for your whole life The art of living with this Third Sun The nature of the Thousand Suns above and how we can access states of even higher consciousness The core Mantras to awaken the eyes and the third eye Module 7: These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level. Filmed in Rishikesh, India, these Swamis and Swamini provide a glimpse into age-old roots of yoga while also providing a tangible transmission of energy and consciousness. I absolutely love my teacher, Raja. He made me want to learn that there is more to this universe and he taught me about myself. At times the course material was a little difficult to follow, but the amount of online support by him and the Facebook group made it easy to follow. I love how he made himself accessible to his students. His following along with us on Facebook, answering questions and participating in our discussions, made me feel like he actually cared. No words can express how I feel at this moment. I like that he is so knowledgeable on the facts about this course, yet he taught from the heart – he really wanted us to understand our transformation. If we all could learn this material the world would be a better place. I always wonder what the answer will be, but when I hear it, it sits with me as being true. Definitely use Facebook because he is always on there, and that is not something you will get with other teachers. You could also call this course 1, Ways to Hack Your Body. If you stick with it, I guarantee that you will have some really interesting experiences. My personality is sweeter and I can also meditate on my own. His energy is intense. Someone once commented, "All I do is remember him saying something and I can feel the energy all over again. Raja is fun, we all love Raja, and you will too. I felt his vibration in each class. I have joined the advanced course too, and I am on the path of awakening my own Kundalini. On days when I follow the meditation and exercise, I see a difference in myself. He has been able to catapult me out of the muck into the beautiful world of the awakened. There are no words to thank him and Shift Network. I believe that his teaching is the most complete and succinct available on this subject at this

time. He shares his wisdom and powerful energy with heartfelt gratitude. I felt my heart expand like never before. He made complex esoteric concepts easy to understand. The information and daily practices are life-changing. Thank you, Raja and Shift Network. It really provides the inner map of our Kundalini and more. Raja is a wise journey guide, a real beacon of light and life, and does so as an easily relatable modern teacher. I also love how visceral and hands-on our meeting with the subtle goddess, Kundalini, was and continues to be for me. The knowledge, the delivery, and the generosity of his willingness to share all he has with his students shows Raja is one of the very, very best. I also appreciate the way he took his time to explain the work. The learnings will enhance my overall development and growth, and with practice I look forward to enlightened beginnings. Course sessions are on Wednesdays at [Seven Video Recordings of Class Sessions](#). After each class, the video will be available for you to download or stream in high-quality format. You can then review, print, and highlight the most important insights and practices you were given. Online Community Our exclusive Facebook online community is the perfect place to continue your discovery process after each class. Here, you can continue the discussion about deepening practices and interact with your fellow students to take your exploration to an even deeper level.

5: 28 Ways to Develop Your Psychic Abilities - Intuitive Souls Blog

This is one of the signs your psychic senses are awakening that many of my clients report to me. As your psychic abilities expand, you may begin to notice that your physical senses such as hearing, your vision, your taste, your smell, etc., becomes heightened too.

Understanding and Developing Your Clairvoyance 5. You become more physically sensitive As you develop your psychic abilities, you might notice that your physical senses become heightened, too. The morning coffee smells more divine! You might notice one particular clair opening up psychic hearing, for example , or all of them. All mediums have psychic abilities. Maybe a name pops into your head. A new way of dreaming When we are awake, our perceptive faculties act as guardians against unknown input. A lot of people ignore their extrasensory feelings. When we go to sleep, our logical faculties also sleep and the next higher state of awareness can come out to play and teach! Why not have fun with it and start a dream journal? And what about the news? You may find that you can no longer watch it or read the newspaper. This is especially true for clairsentients or empaths who can feel the emotions of others. On the other hand, you can also feel when someone has a beautiful soul and wonderful energy! You start avoiding drama because it feels so yucky. You are learning to embrace your spiritual unfolding. How to do Psychic Readings Using Touch 9. You start having headaches Have you ever exercised after not having exercised for a long time? You wake up stiff and sore the next day. For example, even after 15 years, I still get headaches if I give too many readings in a day. As you adjust, soak your feet in warm water or have a foot massage to redirect the energy. Naturally, if the headaches persist, talk to your doctor. Final Thoughts I hope you now have a little bit of peace about your psychic abilities. This arena is no different than any other new field of endeavor. You might be uncomfortable at first, but unfolding your intuition is a good thing.

6: Signs Your Psychic Abilities are Awakening - Dar Payment

Develop powerful and efficient ways for the awakening your psychic powers and higher consciousness. By connecting with your psychic abilities, you can remember why you're here and the gifts you have to share with this world.

If you are feeling uncomfortable at all, relax. What Causes an Awakening? Accident or Near Death Experienceâ€” You have probably heard stories like these: John Holland and Maureen Hancock are two famous mediums who were awakened after an accident. Losing a Loved Oneâ€” People often turn to their spirituality for comfort after the passing of a loved one. And this connection to spirituality brings them closer to Source, and their true, soul-level essence which can cause a psychic awakening. Healing â€” Something as simple as a hypnosis or an energetic healing session such as Reiki can reignite your sixth sense. These types of sessions can raise your vibration, get energy flowing and hence, cause a shift in your awareness. As we mentioned earlier, there really are no rules as to why an awakening occurs. But as you can see, a major change of life event, or anything that causes a shift in your perspective or energy fields can crack the door open enough to cause an awakening. So, any of the triggers we just discussed can kick your abilities into high gear as your soul remembers. This happens for two reasons: Connection with Spirit You might find that you are having a stronger connection to the spirit world. In other words, it may become easier for you to sense the presence of Spirit: Your spirit guides, angels, and your own loved ones in heaven. For many folks, mediumship is a natural progression that follows psychic awakening. Desire to be Away from Negativity You may also find that you are picking up on the emotions and feeling of others quite easily. This is known as being empathic, or an empath. Because of your sensitivity, you might feel drained being around people who are very negative or dramatic. Honor what you are feeling, and stay away from the drama whenever possible. Desire to Eat Healthier Foods Suddenly craving a salad instead of potato chips? When you are doing intuitive work, you vibrate at a higher frequency remember, we are all vibrational beings. These foods help keep you from being weighed down and keep your vibration light. Some people even choose to adopt a psychic diet. Desire to Learn and Be More Spiritual Most everyone who experiences a psychic awakening has an appetite to learn. As we open up, we are shedding our old skins and subconsciously remembering the luminance of our soul. Frequent or Vivid Dreams Vivid dreaming, or dreaming more often, is another common symptom of psychic awakening. There are two reasons for this: When you are sleeping, there is no resistance. In other words, your mind is not getting in the way of what you are receiving intuitively. As you open up, it becomes much easier to access other levels of consciousness, such as the dream state. Talk to a Psychic Now 7. This is a normal part of the awakening process. If you are in the latter category: Set the intention that you will not receive any scary messages or visions. Practice using intuitive guidance on yourself as much as possible. This will allow you to become familiar with it; and in time, it will feel natural and comfortable. Unfortunately, they are pretty common. They are caused by the influx of energy. One thing you can do to try to combat this pesky problem is to soak your feet in warm water. This will help bring the energy down to your feet, and away from your head. Feel free to add Epsom salts or essential oils to the water. Your soul will grow tremendously during this time. You may find that you are outgrowing some friends, and things that were once important to you no longer are. Releasing the Fear Tap to call from Mobile So how are you feeling about your psychic awakening? Intuition is a perfectly natural thing. As a matter of fact, even Albert Einstein was a huge believer in intuition! You can read some of his quotes on the subject here. When you first realize that you are having a psychic awakening, it can feel strange or unfamiliar. This is normal, and lots of other folks have felt the exact same way when they began opening up. Honestly, there is nothing to fear at all. Nothing spooky will happen to you. That dramatic stuff only happens in the movies. If you enjoyed this post, please share!

7: How to Develop Psychic Abilities - Easy Exercises You Can Do Today

Psychic Ability is not just about warning you of danger; it is a tool you can use to enhance your life and also see, experience and feel the situations in your life a bit more clearly. This can help you in many areas of your life, whether they involve personal issues, health issues or work.

Psychic Crystal Children Step 1: Recognize Psychic Impressions Some people have their first psychic experiences at a very young age. Spiritual teacher and medical intuitive Dr. Kevin Emery had his first psychic experience at the age of four. He was fortunate enough to have a supportive adult who helped him to frame his experiences. I proceeded to tell her the name of her best childhood friend, how she wore her hair as a child, and then I sang the song they used to sing when they played together," he says. To make sure I did not forget what she had told me, she gave me two chocolate doughnuts and my own bowl of sugar! Go back and remember moments in your life where you seemed to know, feel, or clearly predict something that was about to happen. Remember whether you ever saw something out of the corner of your eye, a shape or a figure, or whether you received an emotional impression that there was someone with you in a room when no one was physically near. Have you ever held an object that belonged to someone else and received a picture in your mind from that object? Perhaps you receive an emotion strong enough to surprise you? Pay attention to these things. These moments are the actual beginnings of your own psychic abilities. Recall and remember them in as much detail as you can. Record them as factually as you can; do not try to embellish them. Note such details as your own emotional state at the time, the time of day or night when you received these impressions, the weather, and the place. Note if these impressions were corroborated by actual evidence. Did something happen to the people you thought about? If you saw an entity, does historical research match your description of the spirit and the emotional impressions or message you received? In short, did what you see, think or feel happen in reality, and when did it happen? When things happened to you, writing your experiences can be helpful in discerning patterns in the environment and your own emotional and physical state. Moving forward, record every psychic experience that happens to you. Release Moments The old adage of "what is past is past" needs to come into action. Release any buried guilt you have for having psychic abilities and perhaps not acting on them. Release guilt for incidents such as not telling someone what was about to happen and preventing something bad from happening. You are only human, so you can and should forgive your own doubts and any fears that held you back. Forgive yourself for your non-belief and any actions or lack of action. Release this energy back into the Universe. If you even remotely believe you are what you think, you know these thoughts and feelings are preventing you from awakening your psychic abilities. Practice releasing emotional involvement because it is one thing that will afford you protection and peace of mind as you open yourself to receive psychic impressions and work on behalf of others. For example, some may hear things clairaudience , some may see things clairvoyance , some may get what seems like downloads of information or sudden knowing clairsentience , or some may feel the emotions of others clair empathy. Pay attention when you receive impressions how you experience them and note those things. Then watch for them in the future, but always be open to the idea you may also discover new ways you receive your information over time. Emery, one of the best and safest ways to explore your own awakening abilities is by interning with an established metaphysician. For that, you need hands-on experience. And not from a ghost hunter, but from a ghost healer someone who helps trapped spirits move on. Some psychics use their gifts to communicate with people who have died. This form of psi work is called mediumship. While it may seem intriguing to talk with people who have passed, Dr. Emery suggests you approach spirit communication with caution. Establish a Practice De-clutter an area where you can retreat and establish a practice. Try things such as mindful meditation, yoga, deep breathing exercises, or any other activity that helps you focus and release ego-driven thoughts. Find the one that works for you that you look forward to engaging in daily. It focuses your concentration on one person and or event. Meditate in blocks of five minutes, building up to 15 minutes three times a day. If your mind should wander, gently turn it back to the person you are concentrating on. Record any impressions you may receive during meditation or other practices in which you engage. Protect Yourself

Always perform a prayer of protection before and after you finish mindful meditation or engage in psychic work. You are opening yourself as a conduit and in doing so must protect yourself, your space, and your family against psychic bombardment. Your first impressions may seem especially disjointed, and you may encounter negative energy as well as negative events as you continue to develop your abilities. **Work With Crystals** Tape a small crystal, such as pure rose quartz, to your forehead, over your third eye region as you concentrate. Clear the crystal after every session to clean it and help it remain in tune. **Understand Chakras** Learn about chakras and how to balance yours with gentle exercise and deep breathing. Do these exercises before and after attempting psychic contact. **Seek Knowledge** Read and search constantly and choose wise guides and teachers. Be smart about recognizing good teachers from the many charlatans out in the world. **Build Confidence** Unless the psychic impressions you receive are overwhelming and compelling, do not share your beginning impressions and insights with anyone. Build your confidence in your skills before you exercise any that you may already have. **Be Patient** While you are learning, do not solicit funds from friends and relatives, or for that matter anyone in serious need, who comes to you for help. With the exception of covering expenses, such as travel to a place you would not normally go, you are an instrument and must respect that. **Experiment** As you become familiar with psychic energy and how yours comes to you, begin to experiment with techniques you may find interesting, such as using tarot cards to focus you or practicing geomancy or with runes. If you feel drawn to any tool, give it a try. If it works for you, it may become another tool in your arsenal. **Respect the Process** Psychic abilities are a gift. Receive them with gratitude and humility, knowing psi comes through you and not from you. As a psychic, you are a conduit to messages from spirit. There is no place for ego or arrogance. Ego is that part of self that provides your self-image and identification, and it comes from the mind. It is only when you can step outside of ego that psychic messages can come through. Was this page useful?

8: Awakening Your Psychic Skills: Using Intuition to Guide Your Life by Joanne E. Brunn

This workbook helps us to assess, awaken and practise our psychic skills and apply these abilities to everyday situations at home, at work, in relationships, with pets, during travel, in dreams and.

When the chaos of our life gets too much to bear, and our patience level starts to go down, and we start to lose out on life. It is a time when God starts to test your faith and patience. In real terms, it is a time when you start to experience the spiritual awakening. Illusion You might have thought of it as being a very dreamy sort of thing, but in fact, a spiritual awakening is not as pleasant as you would expect it to be. You often learn to evolve by facing tough challenges in life. It is during these challenges that you get the opportunity to make conscious decisions to enhance your decision-making skills. It helps us to get the toxicity out of our lives and start afresh. It affects the body, mind, soul, and spirit of a person. From what the mind perceives of it, it offers a clearer understanding of the difference between reality and illusion. The initial psychic awakening experience is not very shocking; it is gradual in the sense that you start making sense out of all the little things in life. However, in the long-run, it becomes a tedious process when you are to let go of the illusions that you believed about yourself; such as qualities you thought you had but in reality, did not. Signs of spiritual awakening The mind plays tricks with you; it makes you believe certain things that do not exist. The purpose of the spiritual awakening is to ensure that you lead a right path that walks you towards the reality of life; and not on the illusions that the mind makes you believe deceptively. Everything has signs and symptoms that lead to the recognition of it. Just like that, signs and symptoms of spiritual awakening also exist. We discuss some of them here which have been highlighted below: Your mind is empty For many people, this may not be something to worry about because it is a normal thing to happen. In this case, you will start to get terrified of what is going on. It is one of the spiritual signs you need to look out for. You become an introvert and are happy about it Suddenly, one day you decide to completely cut off from the world. You are adamant about this decision and you rather than being indecisive about it; you feel pretty good. This is not something normal and indicates that you consider a spiritual awakening. You tend to lose focus easily To complete a given task, or to get a job done, you need to have good focus so that your work is up to the mark. But, if you tend to lose focus easily after every short while, then you need to consider that you might be experiencing a psychic awakening. For example, when you are given the task of completing a project, you have all the data and all resources needed, but you keep on procrastinating. Then, when the time comes to submit it, you start compiling it in a rush, and although you know your deadline is in a few days, you still do not finish the compilation and instead decide to hang out with your friends. This shows that you are losing your focus, first by not wanting to finish it, and later by wanting to hang out. You start to question the decisions you make Life is filled with occasions where you are required to make important decisions. When you start to feel that you do not know what to decide or you become indecisive, that point is where your spiritual awakening starts to kick in. For example, when you go shopping and want to buy jackets because winter has approached, you liked this nice sweater and agreed upon buying it. But, after a while, you question yourself repeatedly, whether or not you NEED it? The point where you constantly keep questioning yourself is the point where you need to take into consideration your psychic awakening. You like to spend time alone. To spend time alone is something every human wants to do when hardships get too much to bear. But, if you feel the urge to be left alone ALL the time, then something is not right. Your conscious mind is starting to be awakened, and you are enlightened spiritually. Your intuition gets stronger. The point in life when you feel that your gut feeling is always turning out to be right is not your paranoia. It is a symptom of your conscious awakening. It may seem to you as if you are going crazy, but it is the sign from above that you need to start reconsidering things in life from a different perspective. To have no tolerance. To have tolerance in life is essential so that a good balance exists. But, if you get intolerant all the time related to the smallest of issues that go on in your surrounding environment, it is a sign of awakening. Rather than treating spiritual awakening as a challenge, face it as an opportunity so that you can greatly benefit from it! Discover some more interesting articles from Padre:

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Psychic awakening can be, and should be, a magical time in your life. If you are feeling uncomfortable at all, relax. The information in this article will help explain what's going on so that you can begin to enjoy the journey!

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